



Creamy Seafood Bisque with Crab, Shrimp and Lobster



Ingredients:

- 4 TBLs unsalted butter
- 1 medium onion, finely chopped
- 2 cloves of garlic, minced
- 2 celery stalks, finely chopped
- ¼ cup all-purpose flour
- 3 cups seafood or fish stock
- 1 cup dry white wine
- 1 cup heavy cream
- ½ cup tomato paste
- 1 teaspoon smoked paprika
- ½ tsp Cayenne pepper (optional)
- 1 tsp salt
- ½ tsp black pepper
- ½ lb. cooked crab meat
- ½ lb. shrimp, peeled and deveined
- ½ lb. cooked lobster meat, chopped
- 2 TBLs chopped fresh parsley, for garish {optional}

Method:

1. Melt butter in a large pot or Dutch oven over medium heat. Add chopped onion, garlic, and
2. celery; cook until vegetables are softened.
3. Sprinkle flour over vegetables and cook for 2-3 minutes, stirring constantly, to create a roux.
4. Slowly whisk in seafood stock and white wine, stirring constantly to prevent burns. Bring to a
5. Stir in heavy cream and tomato paste until fully combined.
6. Add smoked paprika, cayenne pepper (if using), salt, and black pepper. Simmer for 15-20 minutes.
7. Add cooked lobster, shrimp, and crab meat. Simmer for an additional 5 minutes.
8. Taste and adjust seasoning as needed.
9. Serve hot and garnish with parsley if desired.